



## **Statistics Report 20006, Barley, pearled, cooked**

**Report Date: June 27, 2017 02:52 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	68.80	--	2.514	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	515	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	2.26	--	0.151	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.44	--	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.27	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	28.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	3.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.28	--	--	--	--	--	--	--	--	Calculated or imputed	20005	09/2002

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	11	--	2.387	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	1.33	--	0.331	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	22	--	2.160	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	54	--	2.338	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	93	--	21.316	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Zinc, Zn	mg	0.82	--	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.105	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	8.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.083	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.062	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	2.063	--	0.630	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.135	--	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.115	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	16	--	8.849	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	16	--	8.849	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	13.4	--	--	--	--	--	--	--	--	Calculated or imputed	20130	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	20005	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	20005	09/2002
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	20005	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	20005	09/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989

#### Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002